

# **UTAH DEPARTMENT OF HUMAN SERVICES**

## **EAP**

### **Employee Assistance Program**

#### ***WHAT IS THE EAP?***

**A confidential and voluntary counseling/referral service which helps employees and their family members with personal or work-related problems.**

#### ***EAP ASSISTS EMPLOYEES WITH:***

- . family problems**
- . alcohol and drug abuse**
- . work-related stress**
- . legal problems**
- . financial problems**
- . mental health**
- . marital issues**
- . similar matters**

#### ***WHAT IS THE PURPOSE OF THE EAP?***

**To help employees solve serious problems affecting their lives...problems that might have a tragic personal and family impact unless resolved.**

**Management realizes that it is best to handle most problems without assistance, but sometimes professional assistance can make easier the resolution of serious and/or prolonged problems. When problems become too much for people, job performance can be affected and the Department may lose a good employee – rather than allow that to happen, the Employee Assistance Program (EAP) was developed.**

#### ***HOW DO I MAKE AN APPOINTMENT?***

**Call Brent Johnson at (801) 538-4216, pager (801) 242-5821, or e-mail [bjohnson@hs.state.ut.us](mailto:bjohnson@hs.state.ut.us). Brent is available to assist you with any problem or issue.**

#### ***WHERE IS EAP LOCATED?***

**Everywhere you are! EAP site visits are routinely made in Layton, SLC, Holladay, Murray, American Fork, and Provo. EAP will visit other areas as need arises; and makes extensive use of telephone consultation.**

#### ***WHO WILL KNOW I'M USING EAP?***

**No one unless you tell them! Any contact you make or time you spend with Brent is kept strictly confidential. The EAP is bound by law to maintain confidentiality. All records are protected by federal privacy laws.**

***WHAT DOES IT COST TO USE EAP?***

**Nothing! Our EAP is sponsored by the Department. However, if you are referred to outside help, such as a doctor, attorney, or therapist, where additional costs may be incurred, you will be responsible. Your medical insurance may help pay for any additional help that is recommended; you will be advised as to how and when such benefits may be applied.**

***WHO IS THE EAP?***

**Brent Johnson, L.C.S.W. is program administrator and long time EAP professional. He will provide employees and family members with in-office appointments and telephone or worksite consultation. He is also prepared to refer you to a wide variety of community resources available to help with your personal problems.**